Disparities in the Distribution of Social Programs for Expectant and Parenting Teens (EPTS) in Washington DC - A Review

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ABSTRACT

Background: Although the teen birth rate declined to a low record in 2017 of 18.8 births per 1000 females ages 15–19, compared to other developed countries, it is still high [3,4].

Teen pregnancy can cause emotional, psychological and educational challenges, as well as affect the life and opportunities of young mothers and their children. Access to quality social services, plays an important role in supporting the health and well-being of adolescents and promoting health equity. Some teens face barriers in accessing these services. Geographically, Washington DC has eight wards, with significant disparities in socioeconomic conditions and population health.

Aim: The objective of this study is to explore the distribution of community programs for Expectant and Parenting Teens in Washington DC by wards.

Materials and Methods: We conducted computerized searches of PubMed, PsycINFO, Sociological Abstracts, CINAHL, and Cochrane Reviews to identify programs in Washington DC that provide services to adolescent parents, published in English from 1990 to December 2022. Search terms include: Washington DC, Ward, Teen parents, Social services, Community program. We identified and compiled locations of social service providers by wards across Washington DC, using findhelp directory (findhelp.org).

Results: We identified 34 programs located in the different wards in Washington, District of Columbia. We identified 10 major interventions. These can be categorized into 10 domains of need involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) education resources, (g) public benefits, (h) childcare resources, (i) early learning resources and (j) resources for fathers. There is a disparity in Program providers and interventions/services by wards in Washington DC.

Keywords
Washington DC, Ward, Teen parents, Social services, Community program.

Introduction
Teen pregnancy among adolescents is an important public health challenge worldwide as well as in the USA [1,2]. Although the teen birth rate declined to a low record in 2017 of 18.8 births per 1000 females ages 15–19, compared to other developed countries, it is still high [3,4].

Teen pregnancy impacts teen mother and the child, negatively in many ways. It can cause emotional, psychological and educational challenges, as well as affect the life and opportunities of young...
mothers and their children [5-11]. Teen parents are still more likely to be from low-income families, unmarried, lacking sufficient resources for housing, food, health care, and childcare [12]. Teen mothers have difficulty attending and completing high school, leading to low educational attainment and employment [12]. The children of teenage mothers are more likely to have lower school achievement and to drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teenager, and face unemployment as a young adult [13].

To address this public health issue, several interventions have been developed to prevent repeat teenage pregnancy. These include school-based programs, home visitations, clinic-based programs, training, community workers, peer interventions, cash assistance programs [7,14-16].

Access to quality social services, plays an important role in supporting the health and well-being of adolescents and promoting health equity [17-19]. Some teens face barriers in accessing these services. Spatial accessibility of service providers has been shown to be an important determinant of service utilization among welfare recipients. Spatial access or proximity to service providers can affect service utilization rates among welfare recipients in a number of different ways. Longer distance makes it difficult to commute, especially for welfare recipients who may have less access to automobile transportation than the general population [17-19]. Considering the complex commutes to work, childcare, and welfare program offices that welfare recipients make daily, more distant service providers will be more difficult to access. Welfare recipients would access Agencies and organizations that provide services easily if they are located in their immediate area, compared to those outside their immediate area. Also such agencies and organizations, may not need caseworkers or make provider referrals outside that immediate area. Similarly, welfare recipients farther from a service provider would be expected to have less information about that provider and thus less likely to seek services from that provider [17-19].

Washington DC has deep socioeconomic, racial, and geographic disparities, which affect expectant and parenting youth [20]. A DC-specific 2018 Health Equity Report shows these disparities in numerous drivers of health including education, income, transportation, medical care, community safety, employment, housing, and food.

Geographically, Washington DC has eight wards, with significant disparities in socioeconomic conditions and population health. Ward 2 and 3 are over 65% white with a median income over $100,000 per year. Ward 7 and 8 is over 92% Black with a median income under $40,000 per year, and poverty rates that are 25-40% in many neighborhoods. In 2016 less than 1% of teen births were from DC’s most affluent wards, while greater than 50% of teen births were from DC’s lowest income wards. 20 Over 50% of expectant and parenting youth live in wards 7 and 8 [20-22].

While the physical proximity of programs to areas of need is important, many communities have not systematically assessed the geographic distribution of their programs and how well they match with the community’s needs.

The aim of this study is to explore the distribution of social services/community programs for Expectant and Parenting Teens in Washington DC by wards.

**Methods**

We conducted computerized searches of PubMed, PsycINFO, Sociological Abstracts, CINAHL, and Cochrane Reviews to identify programs in Washington DC that provide services to adolescent parents, published in English from 1990 to December 2022. Search terms include: Washington DC, Ward, Teen parents, Community program.

We identified and compiled locations of social service providers by wards across Washington DC, using findhelp directory (findhelp.org) [17,23]. We also, listed service/community programs that supported Expectant and Parenting teens in Washington, District of Columbia. For the purpose of this study, we define Washington DC to include programs that are located in any of the wards in DC with an area phone code of ‘202’. We categorized their services by the intervention and their ward location.

**Exclusion** – public schools, chartered schools, government agencies, advocacy agencies. social services/community programs outside Washington, District of Columbia.

**Inclusion** – social services/community programs servicing Expectant and Parenting Teens in Washington DC, social services/community programs located in schools and owned by hospitals.

**Results**

Table 1 summarizes the results of our findings. We have presented our data in terms of interventions, organization, interventions/services, population served by age and location by ward.

We identified 10 major interventions. These can be categorized into 10 domains of need involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) Education resources, (g) public benefits, (h) childcare resources, (i) Early learning resources and (j) resources for fathers.

Of the 34 programs, 62 % offer pregnancy and parenting support and services; 6% offer adoption resources, 6% offer housing resources for teen parents in foster care, 21 % offer housing resources for teen parents not in foster care, 32% offer health care resources for young families, 12% offer education resources, 29% offer public benefits, 9% offer childcare resources, 32 % offer early learning resources and 26% offer resources for fathers. Pregnancy and parenting support and services is the most common intervention. Adoption and housing resources for teen parents in foster care are the least with 6% of these interventions.

Nur Primary Care, 2023
Table 1: Summary of Intervention by Organization, Services, Population served and Location by Ward.

<table>
<thead>
<tr>
<th>Organization/ Program Name</th>
<th>Services</th>
<th>Population Served</th>
<th>Location/Ward</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PREGNANCY AND PARENTING SUPPORT AND SERVICES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>The Family Place</td>
<td>Pediatric care  Family planning counseling and services  Nutrition counseling, education, and services  Family life education, including parenting education  Case management</td>
<td>Single young mothers; Immigrant families; Low income families; Children ages 3 to 5.</td>
</tr>
<tr>
<td>2</td>
<td>The Maternity Home Program Northwest Center</td>
<td>Pregnancy testing and maternal counseling  Family life education and services  Educational and vocational counseling, referral and services  Transitional housing</td>
<td>pregnant women Ages 18-30.</td>
</tr>
<tr>
<td>3</td>
<td>Department of Health Safe Sleep Program</td>
<td>Educational and vocational counseling, referral, and services</td>
<td>Parents of any age</td>
</tr>
<tr>
<td>4</td>
<td>Latin American Youth Center (LAYC): The Young Parent’s Program</td>
<td>Nutrition counseling, education and services  Effective communication  Pediatric care  Family life education, parenting education</td>
<td>Young Parents (11-24)</td>
</tr>
<tr>
<td>5</td>
<td>Latin American Youth Center (LAYC): Sexual Health</td>
<td>Pregnancy testing and maternal counseling, Family planning counseling and services, Venereal disease counseling, testing and treatment  Testing and screenings for STI's and HIV</td>
<td>Young parents 11-24 years</td>
</tr>
<tr>
<td>6</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>school-based program: Supportive case management  Family life education, parenting education</td>
<td>20 years and below</td>
</tr>
<tr>
<td>7</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>school-based program: Supportive case management  Family life education, including parenting education</td>
<td>20 years and below</td>
</tr>
<tr>
<td>8</td>
<td>Department of Health: Safe Sleep Program</td>
<td>Educational and vocational counseling, referral, and services  Pediatric care</td>
<td>All ages</td>
</tr>
<tr>
<td>9</td>
<td>Mary’s Center: Healthy Start Healthy Families (HSHF), Home Visiting Program</td>
<td>Educational and vocational counseling  Primary and preventive healthcare  College and workforce preparation</td>
<td>All women</td>
</tr>
<tr>
<td>10</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>school-based program: Supportive case management  Family life education, including parenting education</td>
<td>20 years and below</td>
</tr>
<tr>
<td>11</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>school-based program: Supportive case management  Family life education, including parenting education</td>
<td>20 years and below</td>
</tr>
<tr>
<td>12</td>
<td>Children’s National Medical Center: The Healthy Generations Program</td>
<td>Primary health care</td>
<td>Adolescent parents (up to 19 years old) and their children.</td>
</tr>
<tr>
<td>13</td>
<td>Medstar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP)</td>
<td>Primary health care  Pediatric care  Educational and vocational counseling, referral, and services  Family planning counseling and services</td>
<td>21 years and younger and continue to 23 years</td>
</tr>
<tr>
<td>14</td>
<td>Faith-Based: Capitol Hill Pregnancy Center</td>
<td>Pregnancy testing and maternal counseling; Family life education, including parenting education; Housing referrals</td>
<td>All ages</td>
</tr>
<tr>
<td>15</td>
<td>Planned Parenthood: Reproductive Health Services</td>
<td>Pregnancy testing and maternal counseling, Family planning counseling and services, Venereal disease counseling, testing and treatment  Primary and preventive health care  Educational and vocational counseling, referral and services</td>
<td>All ages</td>
</tr>
<tr>
<td>16</td>
<td>Sasha Bruce Foundation: P.O.W.E.R Program</td>
<td>Prevention, Outreach, Wellness, Education, Risk Reduction, HIV testing and Care Advocacy  - Pregnancy testing  - Safer Sex materials  - STD Screenings</td>
<td>13 to 29 years old.</td>
</tr>
<tr>
<td>17</td>
<td>Healthy Babies Project(HBP): The Teen Parent Empowerment Program (TPEP)</td>
<td>Home visiting  Educational and vocational counseling, referral, and services; Family planning, counseling and services</td>
<td>13-21</td>
</tr>
<tr>
<td>18</td>
<td>DC Diaper Bank</td>
<td>Pediatric care</td>
<td>All ages</td>
</tr>
<tr>
<td>No.</td>
<td>Organization/Program</td>
<td>Services/Program Overview</td>
<td>Target Population</td>
</tr>
<tr>
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</tr>
<tr>
<td>19</td>
<td>Mamatoto Village: Labor Support Services</td>
<td>Family planning, Parenting education, Maternity care, Postnatal care, Labor support with some fees</td>
<td>All families of all structures.</td>
</tr>
<tr>
<td>20</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>School-based program: Supportive case management, Family life education, including parenting education</td>
<td>Under the age of 20.</td>
</tr>
<tr>
<td>21</td>
<td>District of Columbia Public Schools (DCPS): New Heights Teen Parent Program</td>
<td>School-based program: Supportive case management, Family life education, including parenting education</td>
<td>Under the age of 20.</td>
</tr>
<tr>
<td>22</td>
<td>Newborn Safe Haven Project</td>
<td>Adoption counseling and referral</td>
<td>Parent of a newborn less than 14 days old</td>
</tr>
<tr>
<td>23</td>
<td>Adoptions Together</td>
<td>Adoption counseling and referral, Online resources</td>
<td>Expectant Parents Teens, 18+</td>
</tr>
<tr>
<td>24</td>
<td>Catholic Charities of D.C.</td>
<td>Housing, Case management, Family life education, including parenting education</td>
<td>Youth and their children</td>
</tr>
<tr>
<td>25</td>
<td>The Elizabeth Ministry, Inc.</td>
<td>Family life education, parenting education, Mentoring</td>
<td>Young mothers</td>
</tr>
<tr>
<td>26</td>
<td>Latin American Youth Center (LAYC): Hope House</td>
<td>Transitional Housing, Case management, Family life education, parenting education</td>
<td>18-24 (single parents with one child)</td>
</tr>
<tr>
<td>27</td>
<td>New Endeavors by Women: NEW Shelter Plus Care</td>
<td>Transitional housing, Permanent supportive housing, Case Management</td>
<td>18 years or older (with history of substance addiction, sober for 3 months)</td>
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<tr>
<td>28</td>
<td>Washington Hebrew Congregation: Carrie Simon House</td>
<td>Supportive housing</td>
<td>Homeless young women ages 18-25 and their babies</td>
</tr>
<tr>
<td>29</td>
<td>Catholic Charities of D.C.: Teen Parent Program</td>
<td>Housing, Family life education, parenting education</td>
<td>18-20 years</td>
</tr>
<tr>
<td>30</td>
<td>Sasha Bruce Youthwork Inc: Olaiya’s Cradle Program</td>
<td>Transitional Housing, Pediatric Care, Family life education, parenting education, Educational and vocational counseling, referral and services, Childcare</td>
<td>Young mothers, ages 18-21, and their children, for up to 18 months</td>
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<tr>
<td>31</td>
<td>Covenant House Washington: Supportive Housing Program (SHP); Rights of Passage (ROP):</td>
<td>A transitional living program for homeless or parenting youth, Family life education, parenting education, Educational and vocational counseling, referral and services</td>
<td>Ages 19-24, and their children.</td>
</tr>
<tr>
<td>32</td>
<td>Queen of Peace, Missionaries of Charity</td>
<td>Housing, Food, Clothing</td>
<td>Pregnant women of all ages</td>
</tr>
<tr>
<td>33</td>
<td>Mary’s Center</td>
<td>Pediatric care, Pregnancy, and maternal services, Nurse family partnership, Primary and preventative health care, Family planning and counseling services</td>
<td>12 years and younger</td>
</tr>
<tr>
<td>34</td>
<td>Mary’s Center</td>
<td>Pediatric care, Pregnancy, and maternal services, Nurse family partnership, Primary and preventative health care, Family planning and counseling services</td>
<td>12 years and younger</td>
</tr>
<tr>
<td>35</td>
<td>Children’s National Medical Center: Healthy generation program</td>
<td>Pediatric care, Maternal care, Psychosocial, Parenting support</td>
<td>Teen parent below 19</td>
</tr>
<tr>
<td></td>
<td>Service Description</td>
<td>Enroll</td>
<td>Age Range</td>
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<tr>
<td>36</td>
<td>MedStar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP)</td>
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<tr>
<td>37</td>
<td>Healthy Babies Teen: Parent Empowerment Project</td>
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<tr>
<td>38</td>
<td>Healthy babies Project: Teen Parent Empowerment Program (TPEP)</td>
<td></td>
<td>13-21 years,</td>
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<tr>
<td>39</td>
<td>Healthy babies Project: Life Empowerment Program (LEP)</td>
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<tr>
<td>40</td>
<td>Healthy Babies Project: Booster Sessions for Life Empowerment Program (LEP)</td>
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<tr>
<td>41</td>
<td>Healthy Babies Project: Summer Youth Employment Program (SYEP)</td>
<td></td>
<td>14-17 years</td>
</tr>
<tr>
<td>42</td>
<td>Conway Health and Resource Center</td>
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<tr>
<td>43</td>
<td>Community of Hope: Family health and birth center</td>
<td></td>
<td></td>
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<tr>
<td>44</td>
<td>Young Womens Christian Association of The National Capital Area (YWCA): &quot;EMPOwERgirlz&quot;</td>
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<td></td>
</tr>
<tr>
<td>45</td>
<td>Home and Hospital Instruction Program: DCPS' Home/Hospital Instruction Program (HIP), formerly known as the Visiting Instruction Services (VIS) program,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>46</td>
<td>Total Family Care Coalition: After School Program</td>
<td></td>
<td>8 to 13 years</td>
</tr>
<tr>
<td>47</td>
<td>Total Family Care Coalition: The Teen Outreach Program</td>
<td></td>
<td>14 to 20 years</td>
</tr>
<tr>
<td>48</td>
<td>District of Columbia Department of Health and Human Services (DCDHSS: Women, Infants, and Children (WIC))</td>
<td></td>
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</tr>
<tr>
<td>49</td>
<td>DCDHSS: WIC</td>
<td></td>
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</tr>
</tbody>
</table>
| 50 | DCDHSS: Temporary Assistance for Needy Families (TANF) | Temporary financial assistance  
TANF Employment Program (TEP)  
Child care subsidy  
Behavioral, mental health, and substance abuse support  
Tuition Assistance | All ages  
(pregnant or responsible for a child under 19 years of age) | 5 |
| 51 | DCDHSS: WIC | Free, healthy food  
Breastfeeding resources and support  
Nutrition education  
Referrals to care beyond WIC  
Immunization assessment and screening  
fresh and local fruits and vegetables | Any age.  
(pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years) | 5 |
| 52 | DCDHSS: Supplemental Nutrition Assistance Program (SNAP) | Benefits Transfer (EBT) card  
(for food) | All ages | 6 |
| 53 | DCDHSS: Combined Application for Benefits | Public Benefits  
TANF  
SNAP | All ages. | 6 |
| 54 | DCDHSS: Combined Application for Benefits | Public Benefits:  
TANF  
SNAP | All ages | 7 |
| 55 | DCDHSS: WIC | Free, healthy food  
Breastfeeding resources and support  
Nutrition education  
Referrals to care beyond WIC  
Immunization assessment and screening  
fresh and local fruits and vegetables | Any age.  
(pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years) | 7 |
| 56 | DCDHSS: WIC | Free, healthy food  
Breastfeeding resources and support  
Nutrition education  
Referrals to care beyond WIC  
Immunization assessment and screening  
fresh and local fruits and vegetables | All ages | 8 |
| 57 | DCDHSS: WIC | Free, healthy food  
Breastfeeding resources and support  
Nutrition education  
Referrals to care beyond WIC  
Immunization assessment and screening  
fresh and local fruits and vegetables | Any age.  
(pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years) | 8 |

**CHILDCARE RESOURCES**

| 58 | D.C. Child Care Services Division  
DHS Child Care Services Division (CCSD): Childcare Subsidy Program | Subsidized childcare fees | All ages | 4 |
| 59 | DC Office of the State Superintendent of Education (OSSE) | Educational vocational counseling, referral and services  
GED support | 16 – 24 years | 7 |
| 60 | D.C. Child Care Services Division  
DHS Child Care Services Division (CCSD): Childcare Subsidy Program | Subsidized childcare fees | All ages | 8 |

**EARLY LEARNING RESOURCES**

| 61 | Early Head Start | Day care center  
Childcare  
Preschool  
Head Start  
Comprehensive services | All ages  
(till child turns 3 years.) | 1 |
| 62 | The Family Place | education, support services, case management, and social services (Spanish)  
Home Visiting Program | All ages (with children 3 – 5 years) | 1 |
| 63 | Early Head Start | Day care center  
Childcare  
Preschool  
Head Start  
Comprehensive services  
Developmental screening | All ages  
(till child turns 3 years.) | 2 |
| 64 | Early Head Start | Day care center  
Childcare  
Preschool  
Head Start  
Comprehensive services  
Developmental screening | All ages  
(till child turns 3 years.) | 3 |
<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>65</td>
<td>Early Head Start Day care center Childcare Preschool Head Start Comprehensive services Developmental screening</td>
</tr>
<tr>
<td>66</td>
<td>Early Head Start Day care center Childcare Preschool Head Start Comprehensive services Developmental screening</td>
</tr>
<tr>
<td>67</td>
<td>Early Head Start Day care center Childcare Preschool Head Start Comprehensive services Developmental screening</td>
</tr>
<tr>
<td>68</td>
<td>Educare Washington, DC, Empower parents preschool support network</td>
</tr>
<tr>
<td>69</td>
<td>Early Head Start Day care center Childcare Preschool Head Start Comprehensive services Developmental screening</td>
</tr>
<tr>
<td>70</td>
<td>Early Head Start Day care center Childcare Preschool Head Start Comprehensive services Developmental screening</td>
</tr>
</tbody>
</table>

**RESOURCES FOR FATHERS**

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>71</td>
<td>Concerned Black Men National: Fatherhood Initiative Resources for Fathers Parenting skills training, Education Job skills Co-parenting Goals setting</td>
</tr>
<tr>
<td>72</td>
<td>Mary’s Center: Father-Child Program Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors</td>
</tr>
<tr>
<td>73</td>
<td>Black swan academy Civic leadership and engagement,</td>
</tr>
<tr>
<td>74</td>
<td>DC Child and Family Services Agency (CFSA): Office of Youth Empowerment (OYE) Case Management: College and Career Preparation Services:</td>
</tr>
<tr>
<td>75</td>
<td>Mary’s Center: Father-Child Program Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors</td>
</tr>
<tr>
<td>76</td>
<td>Mary’s Center: Father-Child Program Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors</td>
</tr>
<tr>
<td>77</td>
<td>Total family Care coalition: Fatherhood Initiative daily life skills navigating the system one-on-one support skills &amp; training</td>
</tr>
<tr>
<td>78</td>
<td>Healthy Babies Project: Teen Parent Empowerment Program (TPEP) Health education GED Home visiting Support programs; Counseling program for men; “Confident Parenting,” parenting skill-building</td>
</tr>
</tbody>
</table>
We identified 34 programs located in the different wards in Washington, District of Columbia.

(1) The Family Place; (2) The Maternity Home Program Northwest Center, (3) Department of Health Safe Sleep Program, (4) Latin American Youth Center (LAYC): The Young Parent’s Program; (5) New Heights Teen Parent Program, (6) Mary’s Center: Healthy Start Healthy Families (HSF), (7) Children’s National Medical Center: The Healthy Generations Program; (8) Medstar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP); (9) Capitol Hill Pregnancy Center, (10) Planned Parenthood: Reproductive Health Services, (11) Sasha Bruce Foundation; (12) Healthy Babies Project (HBP): The Teen Parent Empowerment Program (TPEP); (13) DC Diaper Bank; (14) Mamatoto Village; (15) Newborn Safe Haven Project; (16) Adoptions Together; (17) Catholic Charities of D.C.; (18) The Elizabeth Ministry, Inc.; (19) New Endeavors by Women: NEW Shelter Plus Care; (20) Washington Hebrew Congregation: Carrie Simon House, (21) Covenant House Washington: Supportive Housing Program (SHP); Rights of Passage (ROP); (22) Queen of Peace, Missionaries of Charity; (23) Healthy Babies Teen: Parent Empowerment Project; (24) Conway Health and Resource Center; (25) Community of Hope: Family health and birth center; (26) Young Women’s Christian Association of The National Capital Area (YWCA): "EMPOwERgirlz"; (27) Home and Hospital Instruction Program: DCPS’ Home/Hospital Instruction Program (HIP), formerly known as the Visiting Instruction Services (VIS) program; (28) Total Family Care Coalition; (29) District

Table 2: Services by intervention.

<table>
<thead>
<tr>
<th>#</th>
<th>INTERVENTION</th>
<th>SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PREGNANCY AND PARENTING SUPPORT AND SERVICES</td>
<td>Pediatric care&lt;br&gt;Family planning counseling and services&lt;br&gt;Nutrition counseling, education, and services&lt;br&gt;Family life education, parenting education&lt;br&gt;Case management&lt;br&gt;Pregnancy testing and maternal counseling&lt;br&gt;Transitional housing&lt;br&gt;Effective communication&lt;br&gt;Sexual Health&lt;br&gt;Sexual Health school-based program:&lt;br&gt;Supportive case management&lt;br&gt;Home Visiting Program&lt;br&gt;Primary and preventive healthcare&lt;br&gt;College and workforce preparation&lt;br&gt;Primary health care&lt;br&gt;Housing referrals&lt;br&gt;Prevention, Outreach, Wellness, Education, Risk Reduction, HIV testing and Care Advocacy&lt;br&gt;- Pregnancy testing&lt;br&gt;- Safer Sex materials&lt;br&gt;- STD Screening&lt;br&gt;Pediatric care&lt;br&gt;Maternity care&lt;br&gt;Postnatal care&lt;br&gt;Labor support with some fees</td>
</tr>
<tr>
<td></td>
<td>ADOPTION RESOURCES</td>
<td>Adoption counseling and referral</td>
</tr>
<tr>
<td></td>
<td>HOUSING RESOURCES FOR TEEN PARENTS IN FOSTER CARE</td>
<td>Housing&lt;br&gt;Case management&lt;br&gt;Family life education, including parenting education mentoring</td>
</tr>
<tr>
<td></td>
<td>HOUSING RESOURCES FOR TEEN PARENTS NOT IN FOSTER CARE</td>
<td>Transitional Housing&lt;br&gt;Case management&lt;br&gt;Family life education, parenting education&lt;br&gt;Permanent supportive housing&lt;br&gt;Supportive housing&lt;br&gt;Housing&lt;br&gt;Pediatric Care&lt;br&gt;Educational and vocational counseling, referral and services&lt;br&gt;Childcare&lt;br&gt;A transitional living program for homeless or parenting youth&lt;br&gt;Food&lt;br&gt;Clothing</td>
</tr>
</tbody>
</table>
| **HEALTHCARE RESOURCES FOR YOUNG FAMILIES** | Pediatric care  
Pregnancy, and maternal services  
Nurse family partnership  
Primary and preventative health care  
Family planning and counseling services  
Maternal care  
Psychosocial  
Parenting support  
Education  
Pregnancy testing  
maternal counseling  
Home visiting  
Mental health screening  
Doula services  
Crisis intervention  
Counseling for male partners and extended family members  
Other health care – supplemental services  
Family life education, parenting education  
Educational  
vocational counseling, referral, and services  
Mentoring  
Communication skills  
Trauma informed care  
GED  
Mentoring  
Communication skills  
Venereal disease counseling  
primary medical and dental care, physicals, immunizations, prenatal care, confidential youth services |
| **EDUCATION RESOURCES** | financial education  
mentoring  
health education  
nutrition education  
skills & training  
daily life skills  
Educational and vocational counseling, referral, and services  
after school care  
mentoring  
Workforce development |
| **PUBLIC BENEFITS** | Free, healthy food  
Breastfeeding resources and support  
Nutrition education  
Referrals to care beyond WIC  
Immunization assessment and screening  
fresh and local fruits and vegetables  
Temporary financial assistance  
TANF Employment Program (TEP)  
Child care subsidy  
Behavioral, mental health, and substance abuse support  
Tuition Assistance  
Benefits Transfer (EBT) card  
(for food)  
TANF  
SNAP |
| **CHILDCARE RESOURCES** | Subsidized childcare fees  
Educational  
vocational counseling, referral and services  
GED support |
**EARLY LEARNING RESOURCES**

- Day care center
- Childcare
- Preschool
- Head Start
- Comprehensive services
- education, support services, case management, and social services (Spanish)
- Home Visiting Program
- Developmental screening
- Empower parents
- support network

**RESOURCES FOR FATHERS**

- Parenting skills training, Education
- Job skills
- Co-parenting
- Goals setting
- Home visits,
- Sports activities, Quarterly
- fatherhood outings.
- Healthy habits and behaviors
- Civic leadership and engagement,
- Case Management:
  - College and Career Preparation Services:
    - daily life skills
    - navigating the system
    - one-on-one support
    - skills & training
    - Health education
    - GED
    - Support programs;
    - Counseling program for men;
    - “Confident Parenting,” parenting skill-building

### Table 2

<table>
<thead>
<tr>
<th>Service Provided</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatric care</td>
<td>41%</td>
</tr>
<tr>
<td>Labor</td>
<td>26%</td>
</tr>
<tr>
<td>Prenatal care</td>
<td>3%</td>
</tr>
<tr>
<td>Postnatal care</td>
<td>26%</td>
</tr>
<tr>
<td>STI education</td>
<td>3%</td>
</tr>
<tr>
<td>Health education</td>
<td>26%</td>
</tr>
<tr>
<td>GED</td>
<td>29%</td>
</tr>
<tr>
<td>Support programs</td>
<td>35%</td>
</tr>
<tr>
<td>Counseling</td>
<td>47%</td>
</tr>
<tr>
<td>Mental health</td>
<td>52%</td>
</tr>
</tbody>
</table>

### Discussion

We identified 34 community programs in the city of Washington DC that can support adolescent parents in 10 domains of need; involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) Education resources, (g) public benefits, (h) childcare resources, (i) Early learning resources and (j) resources for fathers.

Programs for expectant and parenting teens are categorized into school-based programs, home visitations, clinic-based programs, training, community workers, peer interventions, cash assistance programs [7,14-16,24-26]. Our review revealed a disparity in the presence of the different service providers across the eight wards of the Washington, District of Columbia. Some programs are hospital based for example, The Healthy Generations Program (Children’s National Medical Center).

Teen Alliance for Prepared Parenting (TAPP) (Medstar Washington Hospital Center), some are school based such as...
Interventions for teen parents often focus on decreasing both repeat pregnancy and negative parenting behaviors associated with teen parents that place children and their mothers at risk for adverse long-term outcomes. [26,27]. There are some programs that are focused on one service, while a majority are focused in more than one service [5]. Comprehensive programs are aimed to address family planning in addition to providing parenting and social support [2,26,27]. Programs that address parenting behaviors, focus on maternal attachment to the infant, teen life skills and teen self-sufficiency [5,27-29]. The Office of Adolescent Pregnancy Programs supports young families through social support and medical care [27]. OAPPA funds 10 core services including pregnancy testing, adoption counseling, preventive and prenatal referrals for teens, nutritional counseling, well infant care, sexually transmitted infection screening, family life counseling, educational or vocational services, mental health services, and referrals for family planning a [27].

Our review showed that the programs in Washington DC deliver most of the 10 core services identified by OAPPA as ingredients to successful parenting program.

Of the 34 programs, 62% offer pregnancy and parenting support and services; 6% offer adoption resources, 6% offer housing resources for teen parents in foster care, 21% offer housing resources for teen parents not in foster care, 32% offer health care resources for young families, 12% offer education resources, 29% offer public benefits, 9% offer childcare resources, 32% offer early learning resources and 26% offer resources for fathers. Pregnancy and parenting support and services are the most common intervention. Adoption resources and housing resources for teen parents in foster care are the least, accounting 6% of these interventions.

The Washington District of Columbia, is composed of 100 zip codes, and is divided into 8 wards corresponding to electoral districts (Figure 1).

Figure 1: Washington DC Map by Wards.

49.5 percent of the District’s residents are black, 35 percent are white, 10 percent are Hispanic, and 4 percent are Asian. Wards 1, 2, and 3, have higher White population compared to Blacks, at approximately 45%, 66% and 72%, respectively. Wards 7 and 8 are disproportionately Black, comprising 93% and 90% of the population, respectively. Hispanics represent about 20% of the population in Ward 1 and Ward 4 [17-22,30].

Wards 7 and 8, are homes to the largest number of young children, also have the lowest median family incomes in the Washington DC. In 2016, less than 1% of teen births were from DC’s most affluent wards, while greater than 50% of teen births were from DC’s lowest income wards.20 Over 50% of expectant and parenting youth live in wards 7 and 8. Spatial access or proximity to service providers can affect service utilization rates among welfare recipients in a number of different ways. Longer distance makes it difficult to commute, especially for welfare recipients who may have less access to automobile transportation than the general population [17-19].

Our review showed that programs are disproportionately distributed in the eight (8) wards as follows; 41% in ward 1; 26% in ward 2; 3% in ward 3; 26% in ward 4; 29% in ward 5; 35% in ward 6; 47% in ward 7 and 26% in ward 8. Wards 2, 4 and 8 have equal number of programs (26% each). Ward 7 has the highest number of programs, followed by ward 1. Ward 3 has the least number of programs. There is a disparity in the number of programs in ward 8 compared to other wards. Over 50% of EPTS live in ward 8. Ward 1, which is mostly white, has about 47% of the community programs. It can be implied that access to programs in ward 1 by residents in ward 8, could pose a challenge.

Of the eight (8) wards in DC, Ward 2 has the lowest proportion of children under 10 (4%). 15-19% of the population in Wards 7 and 8, are children under 10. Wards 4 and 5 have the largest proportion of their population represented by those older than 65 years (41). Wards 7 and 8 with the largest number of young children, also have the lowest median family incomes in the Washington DC. Over 50% of expectant and parenting youth live in wards 7 and 8 [17-22,30].

Our results revealed that the age of participants receiving these services vary. Some programs are focused on all ages. Others are focused on 8 to 13 years old; 11-24, 18-30; under the age of 20; and adolescent parents (up to 19 years old) and their children. Also, some adolescents, are recruited into interventions based on certain criteria. All ages (with children 3 – 5 years); All ages for men and women; with children from prenatal/infant to five, all ages (till child turns 3 years.). No program is specifically focused on the teenagers.

Conclusion

Our studies, is in agreement with the findings of program administrators receiving Pregnancy Assistance Fund Program which stated that expectant and parenting youth in the Washington DC were not well served in their communities. This is not because of a lack of available resources. Rather, the problem was a lack of services specifically for the expectant and parenting teen and
young adult population; a lack of knowledge of and access to available programs and services.

In conclusion, to promote equity, social services for expectant and parenting teenagers, should be located within communities that need those services, specifically wards 7 and 8 in Washington DC. Also, there should be specific programs for EPTS.

References

30. Cho A, Mendenhall E, Griffith DM. Power, place, and access: Why history is at the center of black DC residents of wards 7 and 8 decisions to receive the COVID-19 vaccine. SSM-Qualitative Research in Health. 2023; 100270.